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ADDING DAIRY PRODUCTS TO MEALS

(Suggested Radio Script)

The easiest and very best way to get enough milk every day is to drink it. That's the only sure way of getting the two to three glasses of milk we need each day. . . and the four glasses children need. But you can add extra milk to many dishes. . . for better flavor. . . and extra food value.

Summertime meals seem to especially lend themselves to many dairy products. We like casseroles for main dishes in the summer because they can be prepared early in the morning while it is still cool. . . and then just put in the oven for a last few minutes of cooking in the evening. Probably many of you have been using evaporated milk in your favorite casserole dishes. It's economical. . . and if used undiluted, you can put extra milk value into dishes. Using nonfat dry milk is another way of adding extra milk to casserole dishes. . . as you can put two or three times the amount of milk in dry form than you can in liquid form.

Cheese is often used on top of casseroles, or mixed in with the other ingredients. It is fun sometimes to try using a combination of cheeses. A favorite of mine is mixing American and Swiss cheese together. You get a little different flavor that you'll enjoy for a change. Another good combination is to use American cheese in the casserole itself, and then sprinkle Parmesan cheese on top. Many casseroles call for breadcrumb topping. . . try a light sprinkling of Parmesan cheese on top of the crumbs and see if your family won't enjoy that flavor.

Cheese is a favorite with all ages. . . it can certainly save a lot of wondering just what to give the children for lunch or between-meal snacks. . . when they are home from school during the summer vacation.

Have you ever seen a child who didn't enjoy a toasted cheese sandwich? Cheddar cheese and Swiss cheese are equally good on plain rye or whole wheat bread. A French toasted cheese sandwich is especially good. . . and just takes a few extra minutes preparation time. Just put your cheese between two slices of bread. . . dip the entire sandwich into a mixture of egg and milk, and brown in butter. That, along with a glass of milk, will go a long way toward giving the children. . . and grownups. . . the amount of milk they need. . . and it's extra good too.

A milk dessert that's especially nice for summer meals is custard. Either soft custard or baked custard with fresh fruit that is so plentiful during the summer is a favorite with all ages.

None of us like to spend a lot of time in the kitchen during the summer. Fortunately, dairy products can help a lot to shorten the hours in the kitchen on these warm days. Always be sure there is plenty of milk for each meal. . . and between-meal snacks. . . and then add extra milk value to meals by using the variety of dairy products we can buy in our stores today.

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